



Tools For Action

A sample of physical education initiatives in Wisconsin

Cycling

Contact Information

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Program Information

Program Name
Cycling
Program Category
District summer school Program
Grade Level
Elementary School (K-2); Elementary School (3-5)
Assessment Method

Program Information

Products Developed or Materials Used:

Program Description:

Cycling class for middle school age students. Learn safety, maintenance, fitness components related to road cycling. Participate in daily rides of 5 to 10 miles per day.

For information on other **Physical Education Best Practices**, visit the website at:
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgajq@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
Pesikme@dhfs.state.wi.us (Marv Pesik, Program and Grant Coordinator)